

Education & Certifications:

- * NASM Personal Training
- * Holistic Nutrition Certified
- * Registered Yoga Instructor
- * TRX
- * Silver Sneakers Yoga

Training Philosophy:

I believe that proper nutrition is a huge part of fitness. I live by the motto that you "Get slim in the kitchen and get fit at the gym." You cannot work yourself out of a bad diet! I also believe in overall wellness and getting fit for life!

Specialties:

- * Body Weight Training
- * Mobility and Balance Training
- * Trail Running
- * Weight Loss
- * Nutrition Consulting

Interests & Hobbies:

I love meditation, running, Yoga, Pilates, and camping. I love cooking! I'm the queen of food substitutions- learn how to make your favorite meal gluten and dairy free!



ERIE
COMMUNITY
CENTER

Personal Trainer



Martha Walker

Here to...

**Help you reach
your fitness and wellness goals!**

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registration information.**